metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Wednesday, July 18, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

AMERICA FIRST, AGAIN

Trump now says he has confidence in US intelligence. 5

GETTY IMAGES

New nonprofit aims to help homeless. 6-7

Who could trade for Mets ace Jacob deGrom? 15-16

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HAIL TO THE KNIGHTS

The Museum of Food and Drink goes behind the glittering facade of Indian restaurants to show the difficult lives of the Bangladeshi immigrants working there. 12-13

RICHARD BADDELEY, SOUL CITY ARTS

5 THINGS TO KNOW

WELCOME TO METRO.US

EVA KIS, FEATURES EDITOR

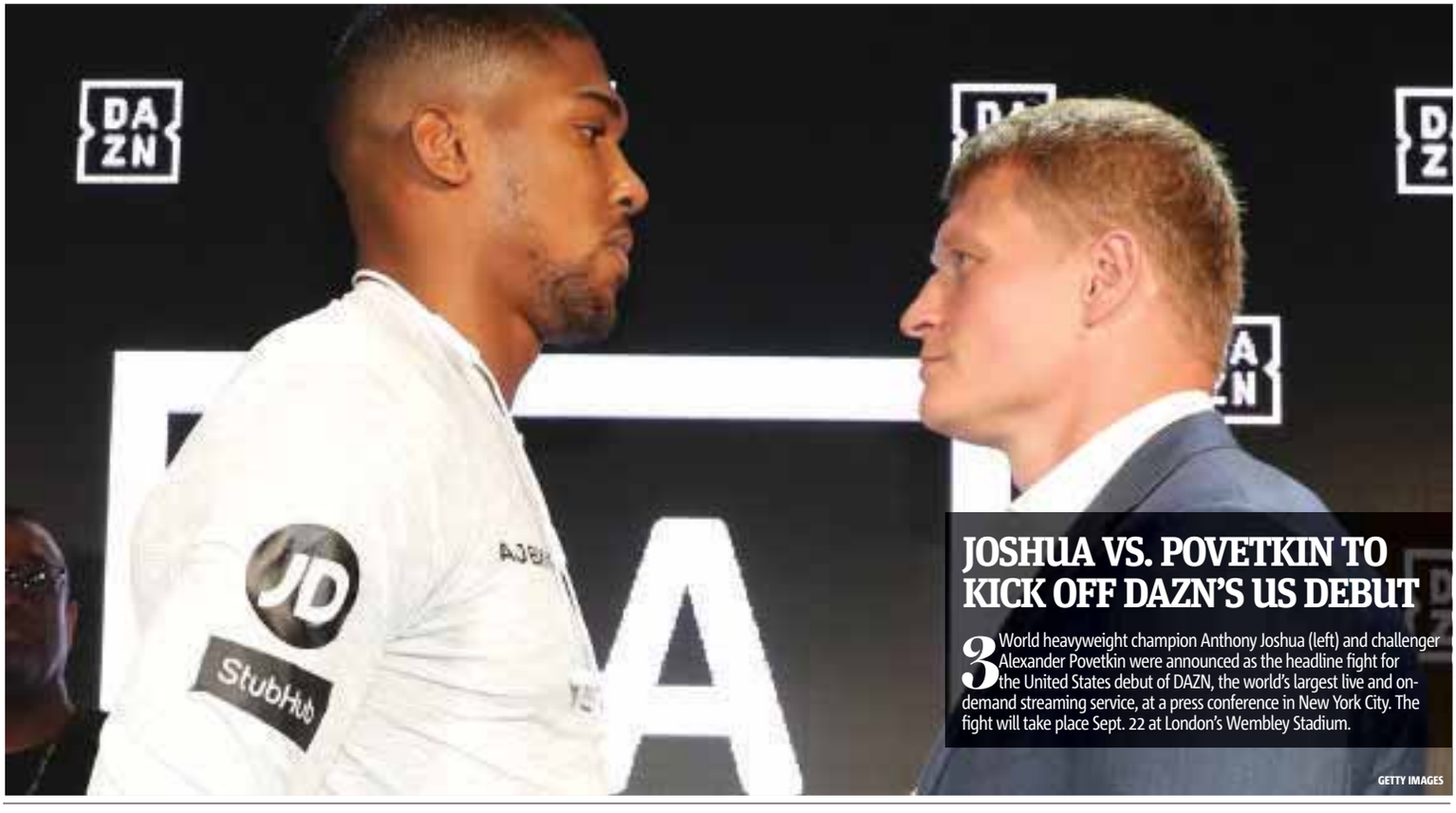
Chicken tikka masala is the national dish of Britain, and Americans share a similar love of Indian food. But behind the glittering facades of Indian restaurants' festive decor lie the often struggle-filled lives of Bangladeshi immigrants, who are working not just for themselves but for entire families back home. Learn their stories at the Museum of Food and Drink's latest exhibit Knights of the Raj, an immersive journey into the immigrant life in New York.

1 INSYS FOUNDER'S INDICTMENT QUESTIONED

A federal judge on Tuesday expressed concern about the scope of an indictment against several former Insys Therapeutics Inc. executives accused of bribing doctors to prescribe an opioid and suggested prosecutors streamline the case to avoid its dismissal. U.S. District Judge Allison Burroughs in Boston said she believed the indictment did not contain enough allegations to support a racketeering conspiracy charge against billionaire Insys founder John Kapoor and six other former executives and managers. "The indictment has a core of conduct that's problematic and may be criminal," Burroughs said during a hearing. "I don't know, that's what a trial is for. But I'm having difficulty with the way it's laid out." The indictment charges Kapoor, former Insys Chief Executive Michael Babich and others, with conspiring since 2012 to pay bribes to doctors to prescribe the drugmaker's fentanyl-based cancer pain medication Subsys and to defraud insurers. She believed the indictment lacked sufficient allegations to establish a relationship between the Insys executives and the various doctors accused of taking bribes that would legally support the racketeering charge.

2 LAWSUIT: OHIO STATE IGNORED SEXUAL ABUSE

Four former Ohio State University varsity wrestlers sued the school on Monday, claiming its athletic doctor sexually abused them and others over 20 years and the school failed to stop it. The lawsuit filed in U.S. District Court in Columbus, claimed the university ignored abusive behavior by the late Dr. Richard Strauss and said coaches and higher level officials were aware of his abuse. "The rampant sexual abuse and culture of sexual abuse was reported to Ohio State administrators and to the head of the athletic department," the complaint said. "But these officials turned a blind eye to the abuse." Ohio State said it was aware of the lawsuit and was reviewing the allegations. Not mentioned in the lawsuit was U.S. Rep. Jim Jordan, a former wrestling coach at the university, who was accused earlier this month by several former student wrestlers of failing to stop the molestation even after being told about it. Ian Fury, a spokesman for Jordan, disputed the claims, telling Reuters that the Ohio Republican never saw or heard about any abuse, nor was it ever reported to him while he was a coach.



3 JOSHUA VS. POVETKIN TO KICK OFF DAZN'S US DEBUT

World heavyweight champion Anthony Joshua (left) and challenger Alexander Povetkin were announced as the headline fight for the United States debut of DAZN, the world's largest live and on-demand streaming service, at a press conference in New York City. The fight will take place Sept. 22 at London's Wembley Stadium.

GETTY IMAGES

4 RESCUED WOMAN SURVIVED FOR DAYS ON WATER

An Oregon woman who disappeared a week ago was rescued from the bottom of a California coastal cliff where she survived by drinking water from a spring using a radiator hose from her wrecked sports utility vehicle, authorities said. Angela Hernandez, 23, of Portland was found by a pair of hikers late last week after they saw her wrecked Jeep Patriot SUV partially submerged at the bottom of a 200-foot cliff in the Big Sur area, said a Monterey County Sheriff's Office spokesman.

CORRECTION

An image that ran on the cover of Tuesday's Metro incorrectly implied that Legionnaires' disease can be found in water tanks on top of buildings. To clarify, Legionnaires' has not been found in water tanks. Most cases can be traced to cooling towers, whirlpool spas, hot tubs, humidifiers, hot water tanks, and evaporative condensers of large air-conditioning systems. We sincerely apologize for any concern or confusion this may have caused.

5 COBAIN'S DAUGHTER: END MENTAL HEALTH TABOO

Kurt Cobain's daughter said on Tuesday the United States should overcome its taboo about mental health and addiction almost a quarter of century after her rock star father took his own life. Frances Bean Cobain was speaking in Ireland at the launch of a new exhibition of the Nirvana frontman's belongings. Cobain died in 1994 aged 27 from a self-inflicted gunshot while struggling with heroin addiction. "There is an association that is shameful and it shouldn't be," Frances Bean said, who has also struggled with addiction. "It's taboo ... despite the fact that it is present in our society every single day. And I think that in Europe it is a little less taboo, I think in America it is very, very frowned upon," she told Reuters. Frances Bean, Cobain's sister Kim, and mother, Wendy O'Connor, attended the opening of the exhibition at the Museum of Style Icons in Newbridge, 50 km (30 miles) southwest of Dublin. From his sketches and drawings to clothing and a car, "Growing Up Kurt Cobain" displays dozens of Cobain's personal items, some of them never seen before by the public.

STATS

WORLD'S POPULATION

More than half of all people around the globe (3.97 billion) live in just seven countries, according to the UN's estimates. China has the world's largest population (1.42 billion), followed by India (1.35 billion). The next five most populous nations – the United States, Indonesia, Brazil, Pakistan and Nigeria – together have fewer people than India.

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DMV launches REAL ID awareness campaign across New York state

Need to exchange your New York license for a New York REAL ID? Here's what you need to know.

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New Yorkers and people across the country have been hearing about REAL ID for a while, but many may still not be clear on what exactly it is or what they need to do to get one.

The New York State Department of Motor Vehicles earlier this month launched a public awareness campaign to prompt state residents to get their New York REAL ID as soon as possible.

"REAL ID is available at all DMV offices statewide and we encourage you to get your new license or non-driver ID today, especially if you are renewing or applying for the first time," said DMV Executive Deputy Commissioner Terri Egan in a statement. "Getting a new REAL ID requires an office visit, and we expect lines to grow as the deadline approaches."

The deadline isn't until Oct. 1, 2020, but already long lines and wait times have been frustrating people at DMVs across the country and as Egan noted, they are only expected to worsen.

Congress passed the federal REAL ID act in 2005, enacting the 9/11 Commission's recommendation that the government "set standards for the issuance of sources of identification, such as driver's licenses," according to Homeland Security.

The act establishes new minimum security standards for state-issued driver's licenses and identification cards.

Officials expect long lines at New York DMVs closer to the deadline for the REAL ID. DAVE WINER / FLICKR CREATIVE COMMONS

"Getting a new REAL ID requires an office visit, and we expect lines to grow as the deadline approaches."

DMV Executive Deputy Commissioner Terri Egan

Per that act, any New York state resident who wants to fly within the United States using their license or ID card will need a New York REAL ID or Enhanced Driver License (EDL) as of Oct. 1, 2020. New York is among only four states — the other three being Michigan, Minnesota and Washington — to currently issue EDLs. More information on EDLs can be found at dhs.gov/enhanced-drivers-licenses-what-are-they.

This means after Oct. 1 2020, New York state licenses will not be accepted by themselves as proper identification for any domestic air travel or to enter a federal building or military base. Residents can always use their passports when flying, but without it you'll need a New York REAL ID or Enhanced Driver License.

To get a New York-issued REAL ID, trek to a New York DMV in person.

The federal compliant identification card requires an office visit to prove your identity (if your name has changed, the DMV says, you must bring in a marriage certificate, divorce decree or court order documents), to prove your New York state residency, to prove your lawful presence in the United States and to prove your Social Security status.

This summer, the DMV is launching a "statewide promotional tour" which will include a social media campaign in order to educate New Yorkers about the new federally-required IDs.

The DMV will be "on-hand at certain events throughout the season to help New Yorkers who want to obtain a REAL ID prepare for their office visit and answer any questions they may have," the department said. DMV staff will also be available at Albany International Airport during peak travel times to provide REAL ID info to travelers, and will expand that to other airports later this year.

The cost to get a REAL ID is the same as getting a standard New York State license or non-driver ID, according to the DMV.

Trump says he 'misspoke' in Helsinki, has total confidence in US agencies on Russia

Lawmakers are now pushing for tougher sanctions against Russia.

President Donald Trump tried Tuesday to calm a storm over his failure to hold Russian President Vladimir Putin accountable for meddling in the 2016 U.S. election, saying he misspoke in a joint news conference in Helsinki on Monday.

Trump stunned the world by shying away from criticizing the Russian leader for Moscow's actions to undermine the election and cast doubt on U.S. intelligence agencies, prompting calls by some U.S. lawmakers for tougher sanctions and other actions to punish Russia.

"I said the word 'would' instead of 'wouldn't,'" Trump told reporters at the White House, more than 24 hours after his appearance with Putin. "The sentence should have been, 'I don't see any reason why it wouldn't be Russia.'"

"I said the word 'would' instead of 'wouldn't.' The sentence should have been, 'I don't see any reason why it wouldn't be Russia.'"

Donald Trump

Trump, who had been given numerous opportunities to publicly rebuke Putin in Helsinki, praised the Russian leader during the news conference for his "strong and powerful" denial of the conclusions of U.S. intelligence agencies that the Russian state meddled in the election.

Although he faced pressure from critics, allied countries and even his own staff to take a tough line, Trump spoke not a single disparaging word in public about Moscow on any of the issues that have brought relations between the two nuclear powers to the lowest ebb since the Cold War.

Republicans and Democrats accused him of siding with an adversary rather than his own country.

Trump said Tuesday he had complete faith in U.S. intelligence agencies and accepted their conclusions, although he insisted Russia's actions had no impact on the outcome.

Trump has been accused of siding with the enemy rather than the U.S. GETTY IMAGES

The firestorm over his performance at the Helsinki news conference has engulfed the administration and spread to his fellow Republicans, eclipsing most of the frequent controversies that have erupted during Trump's turbulent 18 months in office.

Senate Majority Leader Mitch McConnell told reporters that Russia was not a friend of the United States and warned against a repeat of the 2016 election meddling.

"There are a lot of us who fully understand what happened in 2016, and it really better not happen again in 2018," McConnell said. REUTERS

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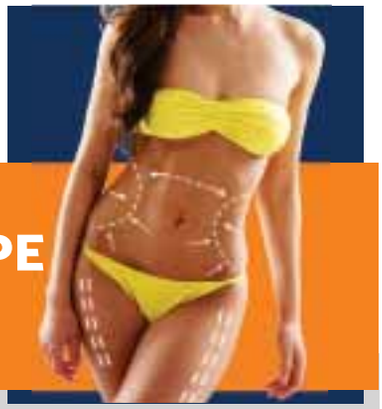

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From backpacks and beyond, Together Helping Others gives the homeless in New York City necessary supplies and something else they lack: human interaction. ALL PHOTOS BESS ADLER

New nonprofit shows homeless in New York City they're not invisible

By launching Together Helping Others, these New Yorkers give city homeless necessary supplies and something else they lack: human interaction.

NIKKI M. MASCALI
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When you're homeless in New York City, it's easy to feel invisible to the many passersby who barely bat an eye as they rush past. In fact, that's exactly how Jayson Conner felt when he was homeless here for more than two years. "It's a horrible, horrible way to exist," he said. "It's very difficult, and you're crushed." That's why Conner and his husband, Jeffrey Newman, have long volunteered twice a week to help the homeless in New York City — and are now launching their own nonprofit called Together Helping Others to take their outreach even further. The organization, which just got its 501(c)(3) status, will offer free haircuts and laundry services and will help New Yorkers in need find showers and mental health help among other things, Conner said.

As they waited for the status to be approved, Conner and Newman did not want to sit idly by, so they decided to hand out backpacks full of supplies to homeless individuals in Manhattan, which they did for the second time last week, distributing 150 bags across Midtown.

"We know the backpack isn't going to get them off the street, and it's not going to cure homelessness," Newman said, "but it gives them hope, it lets them know they're not alone, they're not invisible. There's nothing more marginalizing than people feeling invisible or ignored."

The initiative, called Backpacks for the Street, will be distributed about every three months to give the homeless in New York City dozens of necessities such as toothbrushes and feminine hygiene products, as well as seasonal needs like moisturizers in summer and hand warmers and gloves in winter, Newman said.

"We work solely dependent on donations," he added. "A lot of people donate money, and we raised a good amount of money, and people can buy from our Amazon Wish List. Now that we're a 501(c)(3), that opens up a whole new

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avenue we can go down with the next one, which is planned for November."

Backpacks for the Street volunteers don't just hand out bags to the homeless in New York City — they also take the time to speak and get to know the individuals because "one of the things they lack so much is human interaction," Conner said. Down the road, Newman and Conner plan to expand their services not only into the outer boroughs but also beyond the city. "We've got people in San Fransciso, Chicago, Fort Lauderdale and other places wanting to start this in their town," Newman said. "With the nonprofit, we hope to really become a point or center where people can get information and services and find ways that are going to help them. We'd definitely want it to be here long after we're gone." *For info, visit backpacksforthestreet.org.*

"We know the backpack isn't going to get them off the street, and it's not going to cure homelessness, but it gives them hope, it lets them know they're not alone, they're not invisible."
Jeffrey Newman

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The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is *not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive

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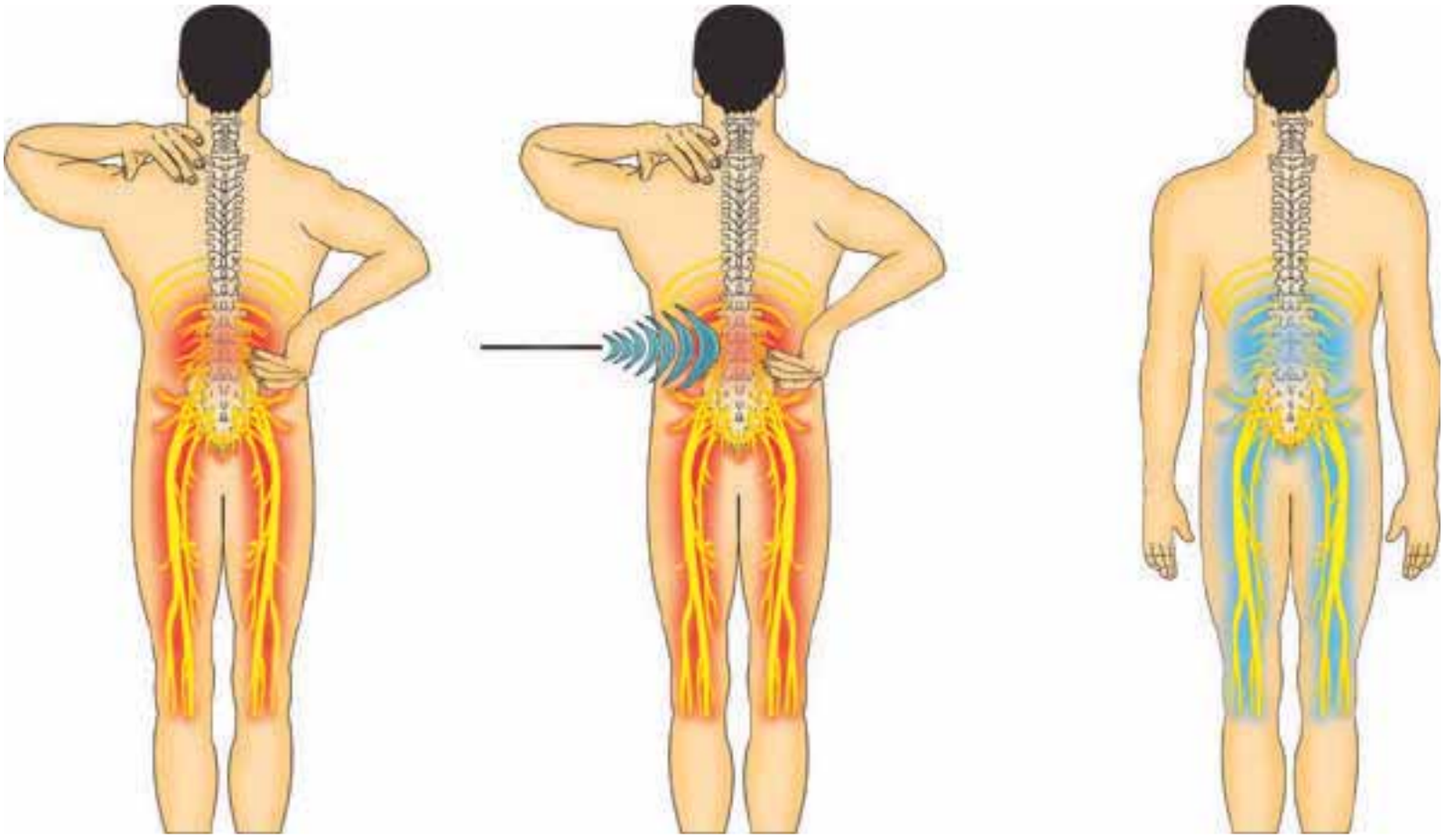

Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars.

NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and no obligation.

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Former state Senate Majority Leader Dean Skelos GETTY IMAGES

Jury convicts ex-N.Y. state senate leader of soliciting bribes

Dean Skelos and his son, Adam, were both found guilty of all charges on Tuesday.

Former New York state Senate Majority Leader Dean Skelos was found guilty of soliciting bribes and other federal corruption charges by a jury on Tuesday, nearly a year after an appeals court threw out an earlier conviction.

The federal jury in Manhattan also convicted Skelos' son, Adam. Both men were found guilty of all the charges they faced, which in addition to soliciting bribes included extortion and conspiracy to commit honest services fraud.

Lawyers for the two men declined to comment after the verdict was announced. U.S. District Judge Kimba Wood, who presided over the trial, scheduled sentencing for Oct. 24.

Prosecutors accused the elder Skelos, a Republican from Long Island, of using his position to pressure three companies to provide his son with consulting work, a "no-show" job and a $20,000 payment.

Both men were found guilty by a jury in December 2015. Judge Wood later sentenced Dean Skelos to five years in prison and Adam Skelos to 6½ years.

$20,000

Prosecutors accused the elder Skelos, a Republican from Long Island, of using his position to pressure three companies to provide his son with consulting work, a "no-show" job and a $20,000 payment.

Last September, a federal appeals court in New York threw out the convictions. The court ruled that the jury had received improper instructions in light of the U.S. Supreme Court's 2016 decision overturning the corruption conviction of former Virginia Governor Bob McDonnell.

The Supreme Court ruled that routine political activities such as arranging meetings were not "official acts" that could be prosecuted under federal bribery law.

The federal appeals court cited the same decision last July when it overturned the November 2015 corruption conviction of Sheldon Silver, a former New York State Assembly speaker.

Silver, a Democrat who represented Manhattan's Lower East Side, was retried and found guilty on May 11. He is scheduled to be sentenced on July 27.

The cases against Skelos and Silver were among a series of high-profile corruption prosecutions against New York officials brought by former U.S. Attorney Preet Bharara, who served as the top federal prosecutor in Manhattan until he was fired by President Donald Trump last year.

Others indicted under Bharara included Joseph Percoco, a former aide to New York Gov. Andrew Cuomo, and Alain Kaloyeros, a former president of the State University of New York's Polytechnic Institute. Percoco was convicted in March, and Kaloyeros was convicted last week. REUTERS

the GRUMBLE

Pat King
Grumble Editor

Keep moving along! ISTOCK

GRUMBLE SOLVED! PARKING IN CROSSWALKS!

Over the weekend we received a Grumble from one of our New York City readers named John Dziedzic about cars and buses parking in the middle of crosswalks. His email read: "As someone who has to cross a total of 12 streets on my way to work, something that absolutely burns me up is not the sun, but rather, inconsiderate drivers who feel the need to stop directly in the crosswalk. I see cars and SUVs doing this all the time, but the worst offenders are, by far, MTA buses, which not only block two to three times the width of the crosswalk, but also make it impossible to see the crossing signals. Why should I have to walk out into the middle of a four-way intersection because these drivers lack basic human decency?"

Well, John, we made some calls and got down to the bottom of this issue. I called the New York City Department of Traffic (DOT) today and spoke with a representative named Genesis who informed me that all "non-emergency vehicles" that are double parked — which would be the case if they are blocking the crosswalk — are in violation of New York City travel rules and will be issued tickets if they are caught. If you keep seeing repeat offenders on your route, you should call 311 and someone from the city will look into this matter. For a full list of traffic rules in New York City, visit **nyc.gov/dot/trafrule**.

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The winning caption from James Barrett, *Metro Boston reader*

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Aries Plans can be made, but iron out any potential problems before you share them with someone who may not be in favor of them. Being fully prepared will lead to success.

Taurus Change can be good, but before you take a leap of faith, look at every angle and make adjustments to ensure you don't hit a roadblock that could be expensive.

Gemini Talk the talk and walk the walk. If you live up to the promises you make, the results will be beneficial. Don't let someone's guilt tactics wear you down.

Cancer Personal improvements will set you on a new and exciting course. Offset anger or aggressive behavior by doing what's right and best for you. Don't fold under pressure.

Leo Stick to the people you know well and who have your best interests at heart. Walk away from anyone trying to manipulate you or entice you to indulge or spend foolishly.

Virgo Put more time and effort into where and how you live. Alter what isn't working for you and do your best to improve your prospects. Hone your skills.

Libra Head in whatever direction promises to bring you the most joy. You'll reach your expectations if you make wise choices and are willing to work hard.

Scorpio Don't let anger take the reins. Success is the best revenge, so focus on what you can achieve instead of trying to block someone else from getting ahead. Strive for perfection.

Sagittarius Put your energy and enthusiasm into bringing in more cash. You can make gains through professional or personal investments that help you use your skills to the fullest.

Capricorn Keep your distance from anyone using emotional tactics to entice you to do something that isn't in your interest. Align yourself with people who share your opinions, ethics and integrity.

Aquarius Put more energy into taking care of personal investments, settlements or health issues. Taking care of business will give you peace of mind as well as the desire to start something new.

Pisces A partnership will run amok if you or the other person uses force. Consider the motives that you or someone else might have, and ward off a problem before it begins. EUGENIA LAST

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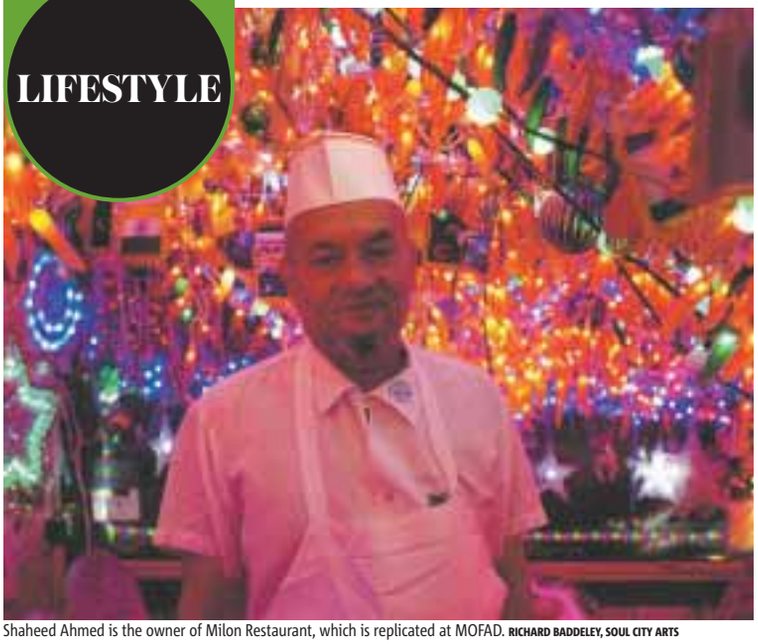

Shaheed Ahmed is the owner of Milon Restaurant, which is replicated at MOFAD. RICHARD BADDELEY, SOUL CITY ARTS

Hail to the Knights of the Raj

The Museum of Food and Drink's new exhibit looks at the glittering world of curry — and the struggles you don't see behind the scenes.

EVA KIS
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Stepping into an Indian restaurant is always an experience, anything from regal elegance to constant party: lush curtains, strings of lights, bhangra music, elaborate decorations, plush cushions. But the lives of the often Bangladeshi chefs and staff couldn't be more different, a contrast explored in Knights of the Raj, the latest exhibit at Brooklyn's Museum of Food and Drink.

"It isn't a nice, fluffy story of East meets West — it has some kick to it," says Mohammed Ali, also known as Aerosol Ali, a renown muralist and performing artist whose Bangladeshi father immigrated to the U.K. and helped start the country's curry craze in the 1950s. "This is more than just another story of how a cuisine came to this country; this is deeply personal."

Knights of the Raj explores the history of early Bangladeshis who established restaurants in New York in the early 1900s up to the present. Ali recreated the East Village's famous Milon Restaurant in the front room of MOFAD, where just 10 people at a time will enjoy a three-course meal of authentic Bangladeshi dishes and British-style curries.

Mohammed "Aerosol" Ali
VICTOR DE JESUS

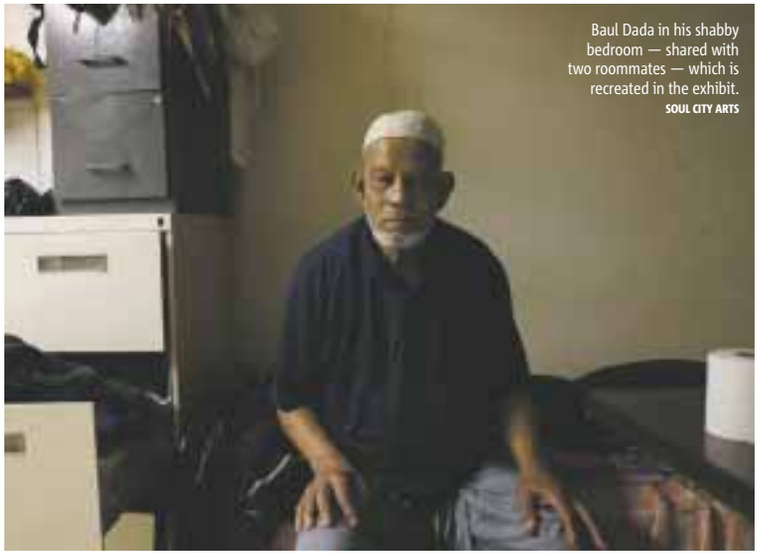
Then, the exhibit shifts: visitors step into the recreated bedroom — all of it, including the teetering filing cabinet acting as a dresser, shared with two roommates — of Queens street food legend Baul Dada, who at 89 years old still serves a savory snack called jhal muri from his Jackson Heights cart. "I wanted his furniture not to say, 'Look how depressing this environment is,' but rather as a respectful tribute," he explains.

Throughout are photos of restaurant and home life donated to the exhibit by some of New York's 30,000 Bangladeshi immigrants.

The history of curry

Ali, 40, was born in the U.K., the son of a Bangladeshi immigrant. Like most such children, he strived to fit into his new homeland and shunned the one his father left behind. He went on to become a world-renowned artist and a member of the Order of the British Empire, but eventually realized, "You can run all you like from your culture, from your ethnic heritage, but one day it's going to catch up with you and stare you in the face and ask you, 'Who are you? Where are you from?"

So when his father died 10 years ago, he started asking the questions that would give shape to the first Knights of the Raj, which focused on the Bangladeshi community of his hometown, Birmingham. Unlike most foreign food — or



Baul Dada in his shabby bedroom — shared with two roommates — which is recreated in the exhibit. SOUL CITY ARTS

Bangladeshi immigrants donated photos of family, community and restaurant life for the exhibit. COURTESY OF LAILY CHOUDHURY AND VIVEK BALD (BENGALI HARLEM PROJECT)

the less kind ways middle schoolers describe whatever isn't the typical brown bag lunch — Indian cuisine was an instant hit in Britain. Ali's father had been among the restaurant owners in the 1950s who helped make chicken tikka masala the national dish.

The New York story

In New York, he spent six months searching for stories through the restaurants of Curry Row to Jackson Heights and Parkchester in the Bronx.

Bangladeshi immigrants' struggles in America didn't start when they arrived, which first happened shortly after the Civil War. Like the Chinese in California, they were not among the desired kind of new Americans, and often jumped overboard and swam to shore rather than being turned away at the port. "I believe it's the lie of the century that migrants are these people who landed out of nowhere, rather than established communities that go back long before even their own communities are aware of," says Ali.

The migrants were mostly men who hadn't cooked at home, and started out as busboys and dishwashers mostly in Jewish restaurants before opening their own shops or carts. That many like Baul Dada remain poor is not because they aren't successful, but because the money they make is sent back home to support their families.

The name of the exhibit is part cliche — that easy, stereotypical facade we all know — and part tribute to the real people behind it.

"Knights of the Raj — it almost sounds like another old-fashioned restaurant like Bombay Palace," says Ali. "But what I wanted to say with the 'knights' were these people on the battlefield of New York or London, we're talking about soldiers, people who fought — certainly physically at times — to establish themselves."

Knights of the Raj runs from July 20-Aug. 5 at the Museum of Food and Drink (MOFAD) at , Brooklyn. The exhibit is included in regular museum admission ($14); the nighttime experience is $30. mofad.org

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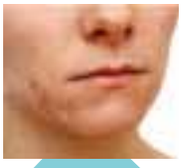

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'Grease' choreographer on the difference between the film and the musical

Patricia Birch celebrates its 40th anniversary at a special screening at New York's Metrograph.

GREGORY WAKEMAN
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Patricia Birch usually isn't interested in looking back through her storied career. But with "Grease" celebrating its 40th anniversary this summer, the legendary choreographer is in reflective mood when it comes to the smash-hit musical.

But why does Birch, who worked tirelessly with director Randal Kleiser and its stars John Travolta and Olivia Newton-John, believe that the film's popularity has endured for so long?

"Because it is about relationships of kids in high school," Birch says. "And people remember that, and there were types in there that were in all our classes," she adds. "The girl that went out with the older guys, the Danny Zuckos, there was always a second guy, there was always a slightly heavy girl, they were all there. The same people we all went to school with."

Birch's history with "Grease" actually goes back further than 1978, as she choreographed the 1972 Broadway musical, too."They are very different," explains Birch when asked about her experiences on the musical and the film.

"It started in Chicago, it was a very tough thing," she says. "It was less tough in New York. And by the time it got to the screen it was kind of suburban and different. The attitude of the kids was more the same, but they were more suburban," Birch adds. Birch played a prominent role in making "Grease" so iconic, as she worked against the clock on the likes of "You're The One That I Want," "Greased Lightnin'" and "Summer Nights," each of which are now firmly ensconced in pop culture history.

"I don't think there was time to spare. Everyone tells me it was last minute. I don't quite remember. I do remember I had to adjust the set for 'You're The One That I Want,' and had to improvise a bit, and had to go back and do some pick-up shots," Birch says. "I loved doing the prom. It was hot as hell, but we had a good time doing it. I remember doing the carnival at the end, that was great fun. Hot but great fun. Those are my two favorite things. 'Summer Nights' was also a favorite. I think that might be the best thing in there."

Patricia Birch
GETTY IMAGES

With time such an issue on the film, it helped Birch that both Travolta and Newton-John were a delight to work with.

"John was easy. He had just done 'Saturday Night Fever' and he was headed for stardom," Birch says. "John has always been easy. Olivia was easier. She was new to the screen, she took direction beautifully, and that was that."

Patricia Birch go into more detail about "Grease" at the 40th anniversary Screening for the beloved musical, which will take place at 7 p.m. on Thursday, July 19, at Metrograph, and is presented by the Academy of Motion Picture Arts & Sciences.

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6 teams that could trade for deGrom

New York's ace could be heading out of town if the Mets don't want to talk long-term extension.

JOE PANTORNO
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Just when talks of a possible trade involving New York Mets ace Jacob deGrom started to slow, his agent kicks things into a completely different gear.

On Monday, deGrom's agent Brodie van Wagenen released the following statement, via the Athletic's Ken Rosenthal:

"We have discussed Jacob's future with the Mets at length. Jacob has expressed interest in exploring a long-term partnership that would keep him in a Mets uniform for years to come. If the Mets don't share the same interest, we believe their best course of action is to seriously consider trade opportunities now. The inertia of the current situation could complicate Jacob's relationship with the club and creates an atmosphere of indecision."

It's a pretty clear-cut ultimatum for the Wilpon family and acting general managers John Ricco, Omar Minaya and J.P. Ricciardi: Get deGrom a long-term extension or trade him as quickly as possible.

The 30-year-old is under team control through the 2020 season, though the next two seasons will see him go through arbitration before becoming a free agent in 2021. Hammering down a long-term deal shouldn't be that big of an ask for the Mets, who have little going for them right now.

Jacob deGrom was the Mets' lone representative at the All-Star Game on Tuesday night. Could he represent another team this summer? GETTY IMAGES

Due to an inept supporting cast, deGrom has a mediocre 5-4 record despite leading the majors with a minuscule 1.68 ERA, a rare bright spot on a Mets team that has gone 28-54 after an 11-1 start to the year.

With the team going nowhere and a rebuild — whether it's a two-year ordeal or one that lasts five seasons — imminent once again for the inconsistent little brother of New York baseball, deGrom and his teammate Noah Syndergaard's name have cropped up in trade talks over the last couple months.

Dealing deGrom would provide a death blow to any sort of hope for the organization's immediate future, though the team is still expected to sell at this year's Jul. 31 trade deadline. But should the Mets make him available, the righty could provide a king's ransom in return based off his performance this year and the fact that he's under team control for the next two seasons.

He'd be one of the top trade targets alongside Baltimore Orioles star shortstop Manny Machado and will undoubtedly have tons of interest from contending teams preparing for the stretch run this summer.

Continue to P. 16 to check out six teams that could realistically pursue deGrom this summer:

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6 teams that could trade for deGrom (con't)

NEW YORK YANKEES

In a move that would break the hearts of countless Mets fans, the crosstown-rival Yankees provide a tantalizing partnership. While the Bronx Bombers are also in on the Machado sweepstakes, their most pressing need is a top-of-the-rotation arm to pair with Luis Severino. CC Sabathia has turned back the clock this year, but the Yankees are not getting much else from the Sonny Gray and Masahiro Tanaka.

Snagging deGrom would give the Yankees a fearsome 1-2 punch at the top of the rotation and make them that much more of a threat to the Red Sox and Astros.

WHO THE METS COULD ASK FOR: Clint Frazier (OF), Miguel Andujar (IF), Justus Sheffield (LHP, #2 NYY prospect), Chance Adams (RHP, #4 NYY prospect)

ARIZONA D-BACKS

The Diamondbacks are just a half game behind the reigning National League-champion Los Angeles Dodgers in the NL West despite having one of the league's worst offenses and a banged-up pitching staff. Behind Zack Greinke and Patrick Corbin, Robbie Ray recently came back from an oblique injury, Clay Buchholz is on the 10-day DL and Shelby Miller, who just came back from Tommy John Surgery, left his last start with an elbow problem.

Adding deGrom would give Arizona a solid trio atop the rotation to limit runs and take a little more pressure off a struggling offense.

WHO THE METS COULD ASK FOR: Jon Duplantier (RHP, #1 ARI prospect), Jasrado Chisolm (SS, #3 ARI prospect)

CHICAGO CUBS

Chicago does not have a deep staff this year even though they lead the NL Central with a 55-38 record.

Jon Lester has remained the team's ace with a 2.58 ERA, but he is the only Chicago starter with a mark under 3.90 as Kyle Hendricks and Jose Quintana have struggled to provide the Cubs with a true No. 2 starter.

Lester could slot into the No. 2 role upon deGrom's arrival, but it would take a lot for the Cubs to get him and their farm system isn't necessarily teeming with talent. So they would have to get creative to pique the Mets' interest.

WHO THE METS COULD ASK FOR: Addison Russell (IF), Ian Happ (OF), David Bote (IF), Victor Caratini (C/1B)

MILWAUKEE BREWERS

Even though they're in the hunt in the NL Central after acquiring Lorenzo Cain and Christian Yelich, the Brewers have plenty of holes to fill this summer if they want to continue being contenders.

While shoring up the middle of the infield is a priority, the rotation has been messy this year.

Junior Guerra and Zach Davies are on the 10-day DL while Jhoulys Chacin, Chase Anderson and Brent Suter have been mediocre and inconsistent behind surprising rookie Freddy Peralta. With the staff in need of a true ace, deGrom provides just that.

WHO THE METS COULD ASK FOR: Keston Hiura (2B, #1 MIL prospect), Corbin Burnes (RHP, #2 MIL prospect), Domingo Santana (OF)

OAKLAND ATHLETICS

The A's are just three games back in the AL Wild Card race which puts them in a precarious situation to buy. After all, they are competing in a loaded AL West that includes the reigning world-champion Astros and Wild Card-leading Mariners.

It might be best if the A's pursue a rental pitcher or one that becomes a free agent after this season ends, due to a number of young arms sidelined by injuries. But deGrom would lift the Athletics from a nice little team to something far better. Oakland is trotting out an unproven rotation that could become a liability.

WHO THE METS COULD ASK FOR: Jesus Luzardo (LHP, OAK #1 prospect), A.J. Puk (LHP, OAK #2 prospect), Sean Murphy (C, OAK #3 prospect), Jorge Matteo (SS/OF, OAK #4 prospect)

SEATTLE MARINERS

A below-average offense that is without Robinson Cano until August still has plenty of pop, but there are plenty of problems in the rotation of the AL Wild Card leaders.

James Paxton is pitching like an All-Star while Marco Gonzales and Wade LeBlanc have proven to be a solid supporting cast, making up for Felix Hernandez's nightmare year. Both Paxton and Hernandez are currently on the DL fighting back issues.

Adding a true All-Star arm like deGrom's is only going to help Seattle's playoff chances in an American League that has prolific offenses like the Astros, Red Sox and Yankees.

WHO THE METS COULD ASK FOR: Kyle Lewis (OF, SEA #1 prospect), Evan White (1B, SEA #2 prospect)

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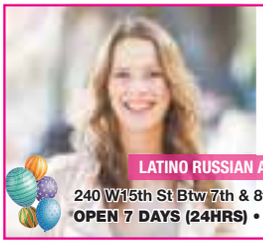
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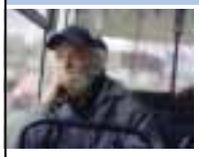
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NOTICE OF FORMATION of 1768 Monroe Realty LLC. Articles of Organization filed with the Secretary of State of New York (SSNY), on 07/02/2018. Location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 217-18 73rd Ave. # 2F, Oakland Gardens, NY 11364 Purpose: any lawful activity

Zeta Charter Schools is accepting proposals for Food Service Management at two schools during the 2018-19 school year. Contracts will run from August 15, 2018 – June 30, 2019. The deadline for submitting proposals is August 3, 2018 at 2:00 pm. Bids will be publicly opened at 222 Alexander Ave., Bronx, NY 10454 on August 3, 2018 at 3:00 pm. Copies of the RFP are available by request from Bob Keogh at bob@schoolfoodsolution.org

NOTICE IS HEREBY GIVEN that a license, number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 21 South End Ave., Store 3, New York NY 10280. New York County, for on premises consumption. Only U Restaurant Corp. d/b/a Ningbo Cafe.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 700 8th Ave.,Stall # 4, New York, NY 10036 , New York County, for on premises consumption. Lukes Lobster XVI LLC.

NOTICE IS HEREBY GIVEN that a license, Serial Number 1311549, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 3468 3470 Broadway, New York, NY 10031. New York County, for on premises consumption. Geisha 3470 Inc.

NOTICE IS HEREBY GIVEN that a license, Serial Number 1311680, for Beer & Wine has been applied for by the undersigned to sell Beer, Wine & Cider at retail under the Alcoholic Beverage Control Law at 89-23 Queens Blvd., Elmhurst, NY 11373. Queens County, for on premises consumption. Rakuzen Elmhurst Inc.

NOTICE IS HEREBY GIVEN that a license, Serial Number 1311545, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 37-59 74th St., Jackson Heights, NY 11372. Queens County, for on premises consumption. Phayul Himalayan Restaurant II Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 287 Park Ave. South, New York, NY 10010, New York County, for on premises consumption. Hawksmoor Restaurant Group Inc. d/b/a Hawksmoor.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number To Be Determined, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 194 Grand Street, New York, NY 10013. New York County, for on premises consumption. Emmanuel NY Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 220 West 44th St., New York, NY 10036, New York County, for on premises consumption. The Ribbon Worldwide 44 LLC d/b/a The Ribbon

NOTICE IS HEREBY GIVEN that a license, Number 1311302, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 33-10 30th Ave., Astoria, NY 11103. Queens County , for on premises consumption. NYCBCH III Inc.

NOTICE IS HEREBY GIVEN that a license Number 1311625, for Restaurant Wine has been applied for by the undersigned to sell Beer, Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 152-24 Northern Blvd., Flushing, NY 11354. Queens County, for on-premises consumption. Dong E Snack Inc.

NOTICE IS HEREBY GIVEN that a license Number 1311455, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 171-53 46th Ave., Flushing, NY 11358. Queens County, for on-premises consumption. S & K Sushi Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1311370, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 153-01 Northern Blvd., Basement, Flushing, NY 11354. Queens County, for on-premises consumption. Han Yang Billiard Corp.

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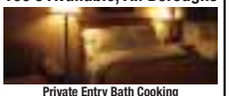

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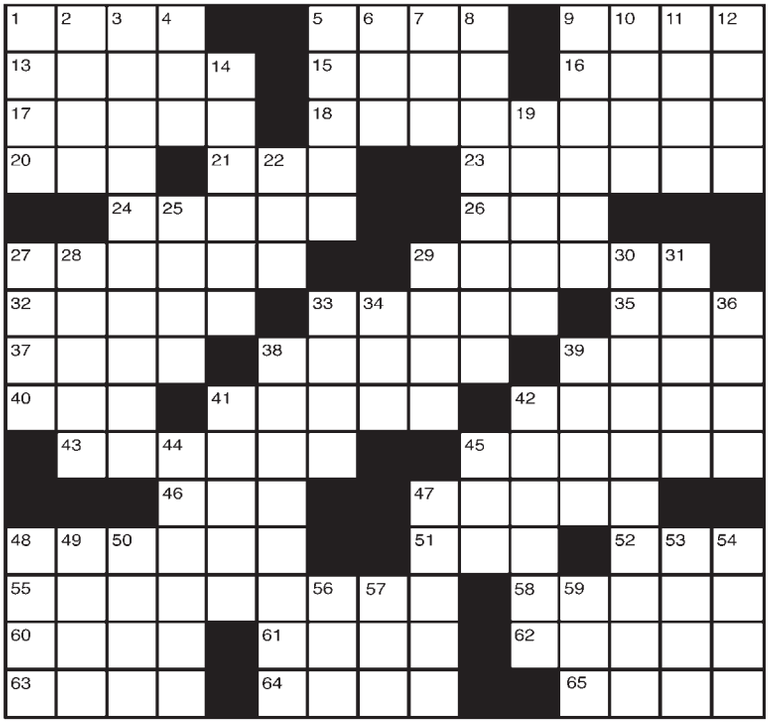
ACROSS

1 Actor Johnny
5 In addition
9 Loafer or Oxford
13 Worked as a crewman
15 Shallow's opposite
16 Wee
17 Gem
18 Something spoken
20 Mountain road
21 Coolidge, to friends
23 __ on; told the misdeeds of
24 Vote into office
26 Part of a royal flush
27 Take back one's words
29 Bad smell
32 Burst forth
33 More devious
35 Feminine pronoun
37 Martial __; judo, karate, etc.
38 Use one's money
39 Comic Carvey
40 Baseball's Durocher
41 Pile up
42 Take a __ to; like
43 Fire-breather
45 Playground equipment
46 Brooks or Ott
47 Not tight enough
48 Be present at
51 "Cat __ Hot Tin Roof"
52 Dieter's concern: abbr.
55 Abundant; plentiful
58 Courtroom event
60 Actor Jack __
61 Trick
62 Napped leather
63 Forest animals
64 Celebrity
65 Expanded

DOWN

1 Prescription label info
2 Sups
3 District attorney
4 Pigsty
5 Grown-up
6 Allow
7 "Ready, __, go!"
8 Performed surgery
9 NYC's __ Island
10 Suggestion
11 "__ upon a time..."
12 Watched
14 Modestly clothed
19 Earnhardt or Petty
22 Read the riot __ to; berate
25 Circuits around the track
27 Genuine
28 Blundered
29 Cursing & coveting
30 Dining room light, often
31 Thus
33 Bridge
34 "__ Miserables"
36 Charles & Romano
38 Burns without flame
39 Speaker's platform
41 Representative
42 Parade entries
44 Reforms oneself
45 Family member
47 Ne'er-do-well
48 Up to the task
49 Wrench or pliers
50 Ankara native
53 Ordered
54 Murdered
56 Pitcher's delight
57 3rd most-populous nation: abbr.
59 Toupee; wig



BY TCA

metro.us/wordsearch

D	R	A	W	A	P	N	U	I	S
R	E	L	W	O	B	R	T	E	T
I	D	Y	R	A	C	I	N	G	F
V	R	P	J	O	C	K	E	Y	I
E	E	S	P	O	R	T	S	Y	S
R	T	E	T	E	N	N	I	S	H
O	H	K	L	N	L	N	P	O	I
G	G	O	L	F	E	R	Y	F	N
H	I	W	Z	W	W	X	B	H	G
B	F	O	O	T	B	A	L	L	S

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Bowler
Driver
ESPY
Fighter
Fishing
Football
Golfer
Jockey
NBA
NHL
Racing
Sports
Tennis

metro.us/wander

Category: In The Kitchen

A	C	D	O
K	E	M	O
A	X	I	F
N	G	E	L

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		9		6		7	2	
						8	6	
		6		7	3		4	5
7		8	3		2	5		
3		5				6		2
		2	6		8	3		7
6	5		7	2		4		
	4	7						
	2	3		8		1		

Yesterday's Answers

A	M	I			S	E	A	L	S		M	O	S	T
N	A	B	S		H	A	N	O	I		E	A	C	H
T	R	E	E		O	U	T	O	N		T	H	A	I
	E	X	C	L	U	D	I	N	G		H	U	N	S
			R	O	T	E			U	F	O			
C	A	R	E	S	S		S	A	L	A	D	B	A	R
E	L	A	T	E		B	E	G	A	N		O	W	E
A	I	R	S		C	O	W	E	R		C	R	A	B
S	E	E		C	U	R	E	D		H	A	I	K	U
E	N	R	O	L	L	E	D		S	U	N	S	E	T
			P	U	P			G	E	T	A			
R	O	S	E		A	G	G	R	E	S	S	O	R	
S	H	I	N		B	L	O	O	M		T	U	E	S
V	I	L	E		L	E	A	V	E		A	S	A	P
P	O	O	R		E	N	D	E	D			T	R	Y

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